

Attendees get  
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## Rutherford County Government

*Do you or someone you love have diabetes? Well, today is a new day! Take Charge of Your Diabetes can help.*

# Take Charge

- *Join us for a six week program to help you to improve your health one step at a time.*

*Take Charge of Your Diabetes is an evidence-based program developed by Stanford University. It's fun, skill-building, and designed for anyone living with diabetes, as well as their families, friends, and caregivers. The program focuses on day-to-day personal responsibility for diabetes care. Come learn how to self-manage and effectively partner with your health care provider.*



**Registration is required—  
Classes are FREE!!**

Patricia Cox, 615-904-6769  
[patricia.cox@premisehealth.com](mailto:patricia.cox@premisehealth.com)

April 7—May 12 Tuesdays 6-8pm  
USDA Conference Room  
Lane Agri-Park

## Workshop Topics

- *Healthy eating with diabetes/meal planning/food label identification*
- *Goal identification and action-planning*
- *Understanding diabetes, monitoring blood sugar and routine tests*
- *Managing medications, physical activities you can enjoy, relaxation strategies*
- *Preventing and delaying the potential complications of diabetes*
- *Effectively communicating with family, friends and health care professionals*